

Another Weekly Update from 'H' and 'J'...



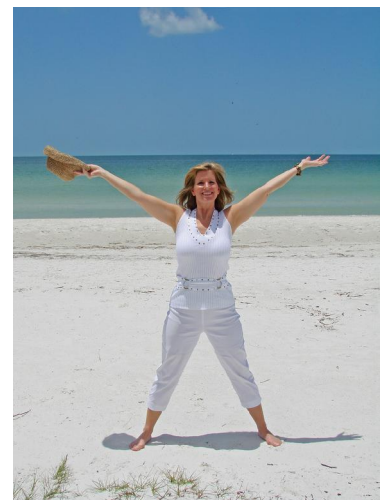
Get Slim for Summer!

Some tips to help you look & feel good

Everyone wants to look good for summer, but that look can take a little work. Summer may be fast approaching, but don't panic. There are lots of things you can do so you will look and feel better than ever.

Here are some steps to help you get slim for summer:

- **Dump the junk** - get rid of all sweets, crisps, chocolate & biscuits!
- **Size matters** – watch your portion size.
- **It's all about how you dress...your food that is!** - cut back on sauces, dressings & mayonnaise.
- **Have a plan** - think ahead so you don't reach for high calorie foods.
- **Move it!** - you've been waiting for months for the warm weather, so get out and enjoy it - take a walk, ride a bike, or go for a swim.
- **Think about your relationship with food** – don't snack or overeat out of boredom or stress.
- **Hydrate** - drinking 8-10 glasses of water/juices a day helps you stay well hydrated & can also help keep your appetite in check.
- **Fill up, not out** - avoid white bread and pasta and focus on high-fibre wholegrains, fruits & veggies to keep calories under control.



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